


# Meal Plan for: December 2014

Key: Breakfast, Lunch, **Snack**, Dinner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Nov 30  <a href="#">Penne Pasta Bake</a> Bread Salad	1 Milk/Muffins & Fruit  Chicken Nuggets/Fruit/Nuts  Grapes, Cheese chunks, Crackers  <a href="#">Pork Tenderloin</a> , Parsley Potatoes, Salad	2 <a href="#">Orange Smoothies/pancakes</a>  Pizza Bites (French bread, pizza sauce, cheese, toppings) <a href="#">Pizzelle Cookies</a>  <a href="#">Taco Salad</a> or <a href="#">Enchilada Casserole</a> , Beans/Rice, etc	3 Smoothies/French Toast/Sausage  Fish Sticks, veggies w/ranch  Apples & Peanut Butter  Beef Stroganoff Broccoli	4 Yogurt/Fruit/Granola  Hot Dogs/Fruit/Chips  <a href="#">Homemade Granola Bars</a>  Spiral Ham Scallop Potatoes Salad	5 <a href="#">Green Smoothies</a> /Egg, ham, cheese Bagels  Grilled Sandwiches: pesto, turkey, tomato, black olives, feta cheese <a href="#">Edible Christmas Trees</a>  <a href="#">Mongolian Beef &amp; Broccoli</a> Rice	6  Breaded Pork Chops Mashed potatoes Salad
7  Spaghetti/Meatballs Salad Bread	8 Smoothies/ <a href="#">pancakes</a>  Grilled Cheese/Tomato Soup /Fruit  <a href="#">White Chocolate Popcorn</a>  <a href="#">Breaded Chicken</a> , Peas, Potato Casserole	9 Smoothies/Eggs/Toast Chicken Salad/Fruit (Or Cream cheese & Cucumber Sandwich) <a href="#">Soft Pretzels</a>  Grilled Chicken Quesadillas Lettuce, tomato, guacamole, shredded cheese	10 Smoothies/French Toast Mac-n-Cheese, veggies w/ranch  Parfait (layered yogurt, fruit, granola)  <a href="#">Pork Roast</a> , Sweet Potato Casserole, Green Beans	11 Cottage Cheese & Fruit Bologna Sandwich Pretzels, fruit Hot Chocolate, marshmallows and graham crackers w/cream cheese  <a href="#">BBQ Ribs</a> , Corn Mashed Potatoes	12 Egg, ham, cheese Bagels PB & Honey w/banana sandwich/Fruit/Pretzels  Sliced cheese, meat, crackers  <a href="#">Homemade Pizza</a> Night! Salad (or order for delivery)	13  BBQ sauce on Polska-Kielbasa Sausage Scallop Potatoes Broccoli
14  <a href="#">Campanelle w/meat sauce</a> Bread Salad	15 Milk/Muffins/Fruit  Grilled Ham, Cheese & Tomato, Fruit Sliced Apples with Peanut Butter  <a href="#">Ham &amp; White Bean Soup</a> , Salad	16 Smoothies/ <a href="#">pancakes</a>  Hamburgers Chips/Pickle <a href="#">Fruit Salsa &amp; Tortilla snowflakes</a>  <a href="#">Creamy Chicken Burritos</a> guacamole, sour cream, tomatoes, lettuce etc.	17 Smoothies/French Toast/Sausage Mini Pizzas(French bread, pizza sauce, cheese, pepperoni) Cheese cubes w/Pretzel toothpicks <a href="#">Crockpot Rotisserie Chicken</a> Potatoes/veggie	18 Yogurt/Fruit/Granola  Ham & Cream Cheese Tortilla Pinwheels/Snap Peas or Edamame Veggies & Ranch Dip  <a href="#">Meatloaf</a> , Salad or veggie Mashed Potatoes	19 Smoothies/Egg, ham, cheese scramble  Egg Salad Sandwiches Pretzels/Pickle <a href="#">Peppermint Bark</a>  <a href="#">Green Chili and Homemade Tortillas</a>	20  <a href="#">Chicken Stir fry</a> Rice
21  <a href="#">Stuffed Shells</a> Salad Bread	22 Smoothies/Eggs/Toast  Tuna Salad Sandwich /Fruit/ Cheese Stick  <a href="#">Reese's Fudge</a>  <a href="#">Italian Beef Pot Roast &amp; Veggies</a>	23 Cottage Cheese & Fruit Salami & Provolone Sandwich/Fruit/Pretzels  Christmas Sugar Cookie Decorating!  <a href="#">Tortellini Soup</a> , Bread	24  Happy Christmas Eve!	25  Merry Christmas!  	26 Smoothies/Egg, ham, cheese Bagels Grilled Turkey, avocado, feta, sun dried tomato Panini's, Pickle, Chips Veggies & Ranch Dip  <a href="#">Coconut Chicken</a> , potatoes, veggies	27  Sloppy Joe's, Salad or veggie
28  <a href="#">Chicken Parmesan</a> (Breaded Chicken over pasta with marinara sauce) Salad, Bread Sticks	29 Smoothies/ <a href="#">pancakes</a>  Munchie Platter: Diced Cheese/Salami/Crackers/ Fruit/veggies Chex Mix  <a href="#">Beef/Chicken Fajitas</a> <a href="#">Rice/Beans</a>	30 Smoothies/French Toast  Mac-n-Cheese, veggies w/ranch  PB, Honey & Banana Tortilla Pinwheels  Sweet-n-Sour Pork Chops, Parsley Potatoes, Peas	31 Smoothies/French Toast/Sausage  Fish Sticks, veggies w/ranch Sliced cheese, meat, crackers  <a href="#">Hot Taco Soup</a>	Jan 1- <b>Happy New Year!</b>  Yogurt/Fruit/Granola  Bologna Sandwich, fruit, pretzels Frozen Gogurt  <a href="#">Homemade Calzones</a> Salad/Bread	Jan 2 Smoothies/Egg, ham, cheese scramble  PB&J, fruit Trail Mix  <a href="#">Breaded Chicken</a> , pasta, salad	Jan 3  <a href="#">Tacos de Carne Asada</a>

